

**AMENDMENT**

**In the Claims**

Please cancel Claims 1-13 before calculating the filing fee in the above-styled patent application.

Claims 1-13 (cancelled).

Please add the following new claims:

14. (New) A mat comprising:

a cavity having at least one side wall and a base wall formed within a surface of a material; and

a suction cup formed by the material and coupled to the base wall of the cavity and enclosed by the cavity.

15. (New) The mat of Claim 14, wherein the cavity has a depth and the material has a thickness, the depth of the cavity being substantially less than the thickness of the material.

16. (New) The mat of Claim 14, wherein the cavity has a depth and the suction cup has a thickness, the depth of the cavity being one of greater than and substantially equal to the thickness of the suction cup when the suction cup is in a compressed state.

17. (New) The mat of Claim 14, wherein the at least one layer of material is formed of a rubber.

18. (New) The mat of Claim 14, wherein the at least one layer of material is formed of a plastic.

19. (New) A mat comprising:

a hollow region having at least a base portion and a lateral portion formed within a surface of a material; and

a suction cup formed by the material and coupled to the base portion of the hollow region and enclosed by the hollow region.

20. (New) The mat of Claim 19, wherein the hollow region has a depth and the material has a thickness, the depth of the hollow region being substantially less than the thickness of the material.

21. (New) The mat of Claim 19, wherein the hollow region has a depth and the suction cup has a thickness, the depth of the hollow region being one of greater than and substantially equal to the thickness of the suction cup when the suction cup is in a compressed state.

22. (New) The mat of Claim 19, wherein the at least one layer of material is formed of a rubber.

23. (New) The mat of Claim 19, wherein the at least one layer of material is formed of a plastic.

24. (New) A method for reducing slippage of a mat comprising:  
forming a recession with a wall and a base in a material;  
forming a suction cup with the material;  
attaching a convex surface of the suction cup to the base of the recession;  
coupling a concave surface of the suction cup to a surface; and  
enclosing the entire suction cup with the recession when the material is  
compressed.

25. (New) The method of Claim 24, further comprising forming the recession  
with a depth that is one of greater than and substantially equal to a thickness of the suction cup in  
a compressed state.

26. (New) The method of Claim 24, further comprising forming the material with  
a thickness that is substantially greater than a depth of the recession.

27. (New) The method of Claim 24, further comprising forming the material with  
rubber.

28. (New) The method of Claim 24, further comprising forming the material with  
plastic.